

Double Olympic Champion and Advocate for Mental Strength and Sustainability

Britta Steffen

Britta Steffen is one of the most influential figures in German elite sport. As a competitive swimmer, she set world records, won Olympic gold, and dominated international competitions over 50 and 100 meters freestyle for many years. She competed in her first Olympic Games at just 16 years old, marking the beginning of an extraordinary career that shaped an entire era of German swimming. Yet Britta Steffen stands for far more than medals and titles. After consciously stepping away from elite sport, she completed a degree in industrial engineering with a focus on environmental sustainability and returned to peak performance…

Topics

- Change Management
- Health / Nutrition
- Leadership
- Motivation
- New Work
- Resilience / Mental Health
- Sports
- Sustainability / Environment

Languages

- German

Details & contact information

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